



Give Them More  
of the  
Good Stuff!

# Bell Pepper Basics



## Shop and Save

- ✿ Fresh peppers are more available and tastier while in-season during the summer and early fall.
- ✿ Choose bell peppers that are firm and heavy for their size with bright coloring and glossy skin. If stems are still attached, they should be firm and green.
- ✿ Avoid peppers that have thin wrinkled skin or brown patches.
- ✿ Buy only what you will use within a week or plan to freeze extras for future use.



Bell peppers are an excellent source of Vitamin C and B6.



Green



Purple



Red



White



Brown



Orange



Yellow

## Store Well Waste Less

- Keep bell peppers fresh by washing just before using.
- Whole bell peppers can be stored in the refrigerator for up to 5 days.
- It is easy to freeze peppers for longer storage. Place recipe-sized pieces in a single layer on a cookie sheet and freeze until firm, about 1 hour. Move to a labeled freezer container and use within 8 months.

## How to Safely Cut Bell Peppers



**1.** With fingertips curled under, cut off the top of the pepper.



**2.** Place the cut side down. Then cut one quarter off.



**3.** Turn and cut off the remaining three sides.



**4.** Cut off the bottom end of each quarter.



**5.** Trim off the white membranes and seeds and discard.



**6.** Cut the four sides into recipe-size pieces.



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# Enjoy Bell Peppers

## Bell Pepper Nachos

### Ingredients:

- 4 bell peppers
- 1 cup salsa
- 2 teaspoons **seasoning** (try one or more - chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked **meat** (chopped or shredded), **beans** or **tofu**
- 1/2 cup shredded **cheese**

### Directions:

1. Preheat oven to 350 degrees F.
2. Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
3. In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces then top with cheese.
4. Bake for 15 minutes or until peppers are heated through and cheese is melted. Serve warm.
5. Refrigerate leftovers within 2 hours.

**Makes** 8 cups

**Prep time:** 5 minutes

**Cook time:** 15 minutes

## Roasted Bell Peppers

### Ingredients:

- 4 bell peppers
- 2 teaspoons **vegetable oil**
- 1/2 teaspoon **Italian seasoning**
- 1/2 teaspoon **garlic powder**
- 1/4 teaspoon each **salt** and **pepper**

### Directions:

1. Preheat oven to 450 degrees F.
2. Wash bell peppers and remove tops and seeds. Cut peppers in half and rub with vegetable oil. Place cut side up on a rimmed baking sheet and sprinkle with Italian seasoning, garlic powder, salt and pepper.
3. Roast until peppers are tender and blistered in spots, about 30 to 35 minutes.
4. Refrigerate leftovers within 2 hours.

**Makes** 8 bell pepper halves

**Prep time:** 5 minutes

**Cook time:** 30 minutes

Go to [FoodHero.org](https://www.foodhero.org) for easy, tasty bell pepper recipes

## Bell Pepper Salad

### Ingredients:

- 4 bell peppers
- 1/2 medium **onion**
- 2 1/2 Tablespoons **vinegar**
- 1 Tablespoon **vegetable oil**
- 1/8 teaspoon each **salt** and **pepper**

### Directions:

1. Wash bell peppers and remove tops and seeds. Cut into 1/4-inch wide strips.
2. Peel onion and slice into thin strips.
3. In a large bowl, stir together vinegar, vegetable oil, salt and pepper. Add bell pepper and onion and gently stir to coat. Cover and refrigerate for 30 minutes before serving.
4. Refrigerate leftovers within 2 hours.

**Makes** 6 cups

**Prep time:** 5 minutes

**Chill time:** 30 minutes



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash and clean peppers.
- measure and mix ingredients.
- assemble bell pepper nachos.